

REVISED INTERPRETATION OF AGENDA ITEM NO. 15 – PRACTICE REGULATIONS

- *The Sports Season Rule regarding beginning and ending dates of individual sports remains as written and is not affected by the newly adopted practice regulations.*
- *The purpose of the practice regulations is to limit after-school physical activity. Physical activity (team, group, or individual) shall include but not limited to on-field or on-court activity, weight training, conditioning, skill sessions, or any other physical athletic-associated session. Film sessions or chalk-talk are not considered physical activity and are not included in the three hour daily limit.*
- *Athletic physical education periods shall not count toward the allotted practice times allowed, only after-school physical activity is included.*
- *Student-athletes are limited to one after-school practice session per day beginning with the first official day of your school year through the end of the 45th calendar week.*
- *The maximum length of any single after-school practice session shall be three hours.*
- *Student-athletes shall not engage in more than three hours of after-school practice activities on those days which one practice is conducted. This includes multiple sports and/or multiple levels (varsity, sub-varsity) in the same day.*
- *Student-athletes may participate in a before school practice and after school practice as long as the combined time of the two practices does not exceed the three hour limit. This type of practice schedule does not constitute multiple practice sessions as long as the three hour limit is observed.*
- *Schools may schedule multiple practice sessions during the 6th calendar through 7th calendar weeks only. (Football, volleyball, cross-country, and swimming only)*
 - *On days when more than one practice session is conducted, there shall be a minimum two hour rest/recovery time between the practice sessions.*
 - *Rest/recovery time is defined as the absence of any team, group, or individual activity including, but not limited to, weight training, conditioning, skill sessions, film sessions, or any other athletic and/or sports associated activity.*
 - *Student-athletes shall not engage in more than five hours of practice activities on those days where multiple practice sessions are allowed.*
 - *Schools shall not schedule multiple practices on consecutive days.*
 - *Student-athletes shall not participate in multiple practices on consecutive days.*
- *The rule allowing coaches to work with four student-athletes outside of the sports season during the school year shall follow the same established practice regulations.*
- *During the 24th week of the NFHS calendar, a school shall be permitted a one-week pre-season evaluation period in the sports of baseball and softball. By rule, the evaluation period is limited to 20 hours of coach/student-athlete contact. The three hour daily limit shall also apply to this evaluation period.*
- *The period beginning with the 46th calendar week through the 5th calendar week is designated as summer activity time. Rules governing practice regulations do not apply during this summer period. (The restriction of wearing pads in the sport of football is still applicable.)*
- *The after-school three hour daily limit does not apply to the sport of golf. Rationale: A typical practice round will take more than three hours to complete.*